

Self Care Routines

Medium · 13 × 13 · 12 words · across, down and diagonal

Y	N	W	H	I	O	O	T	S	A	R	A	H
S	A	S	I	P	O	I	N	B	T	F	W	Y
K	N	T	C	B	A	L	D	N	T	R	A	D
I	A	R	O	R	R	M	O	M	I	O	L	R
N	P	E	L	I	E	E	P	R	S	R	K	A
C	P	T	R	I	L	A	A	E	A	S	I	T
A	I	C	E	R	S	T	T	T	R	C	N	E
R	N	H	S	C	T	T	E	I	H	I	G	W
E	G	I	T	E	N	S	E	A	V	I	N	W
R	T	N	D	K	T	O	S	N	T	I	N	G
O	G	G	A	E	A	H	S	W	I	I	T	G
R	H	A	Y	C	A	M	L	I	A	N	M	Y
K	A	N	O	A	R	E	A	D	I	N	G	E

- ☐ HYDRATE
- ☐ WALKING
- ☐ READING
- ☐ STRETCHING

- ☐ BREATHING
- ☐ NAPPING
- ☐ TEA TIME
- ☐ LISTENING

- ☐ SKINCARE
- ☐ PAMPERING
- ☐ CREATIVITY
- ☐ REST DAY

Self Care Routines: answer key

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